

My Wraw Dashboard

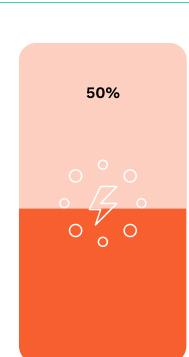
Personalised Wellbeing Insights

Your Wraw dashboard reflects the way you personally responded to the questionnaire. Wraw measures a snapshot in time and so you are advised to reflect on the accuracy and relevance of your results in your current situation. Gaining awareness and understanding of your Wraw results is a first step to developing strategies to enhance your resilience and wellbeing.

Filter by Date

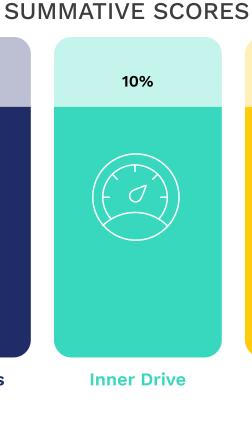


Most Recent

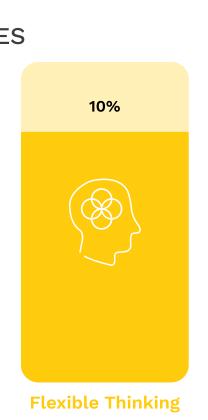


Energy

10% **Future Focus**



Read Text









Energy indicates the extent to which you sustain and renew physical energy.

To shed light on the different aspects that contribute to energy, this pillar is broken down into 4 subscales.

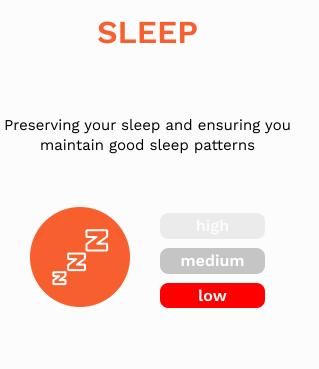
PHYSICAL ACTIVITY Sustaining physical excercise

and movement

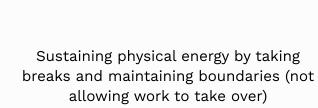


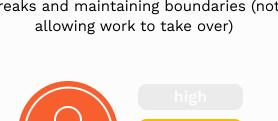


Read Text



Read Text

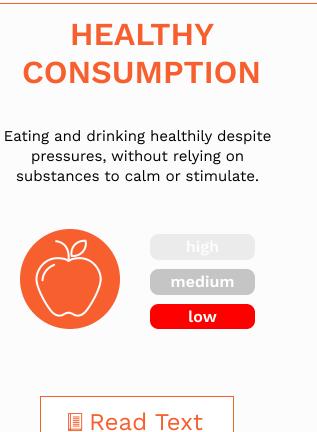




medium

BOUNDARIES

Read Text

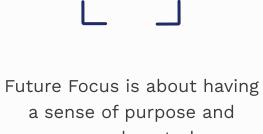


FUTURE FOCUS



My Results (🗸





personal control. To shed light on the different aspects that contribute to

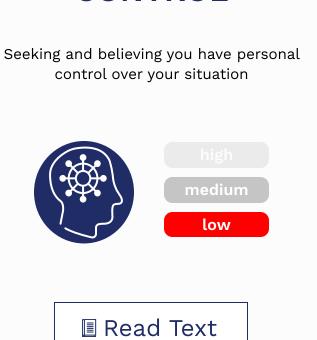
future focus, this pillar is broken down into 2 subscales.

Having a clear sense of purpose and direction

PURPOSE



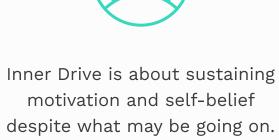




INNER DRIVE

My Results (

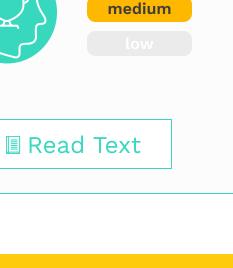




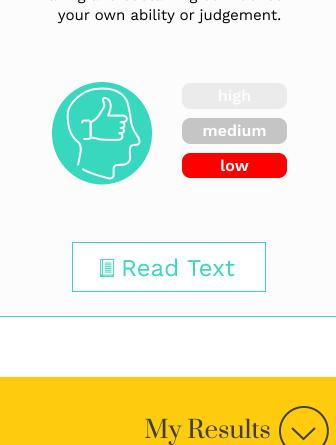
To shed light on the different aspects that contribute to inner drive, this pillar is

> broken down into 2 subscales.



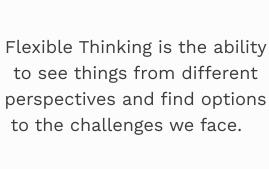


encountered.



FLEXIBLE THINKING

POSITIVE FRAMING



To shed light on the different aspects that contribute to flexible thinking, this pillar is broken down into 2 subscales.

Strong Relationships is about building trust-based

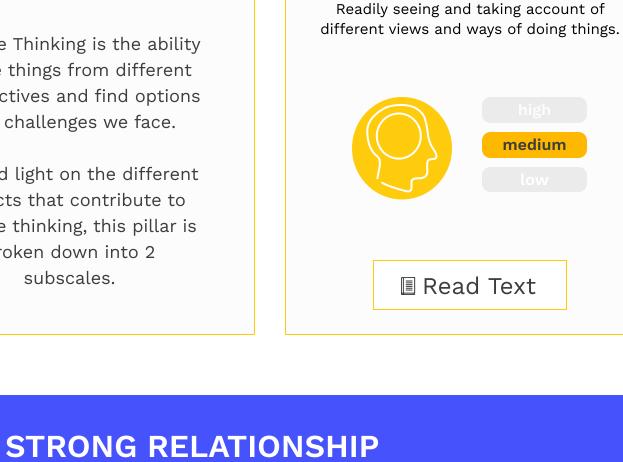
relationships and networks of

To shed light on the different aspects that contribute to

strong relationships, this pillar is broken down into 2

subscales.

support.



BUILDING

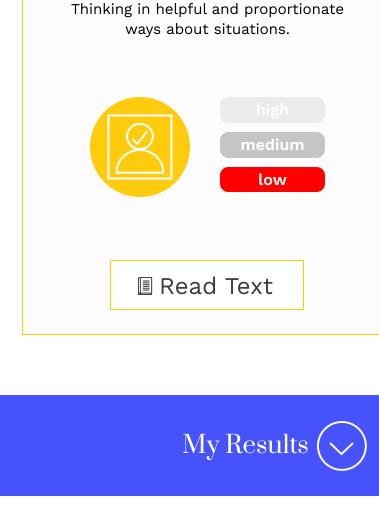
TRUST

Seeking to develop trust, confidence

and emotional awreness with others.

OPEN-

MINDEDNESS



ACCESSING

SUPPORT

Sharing what you are going through and

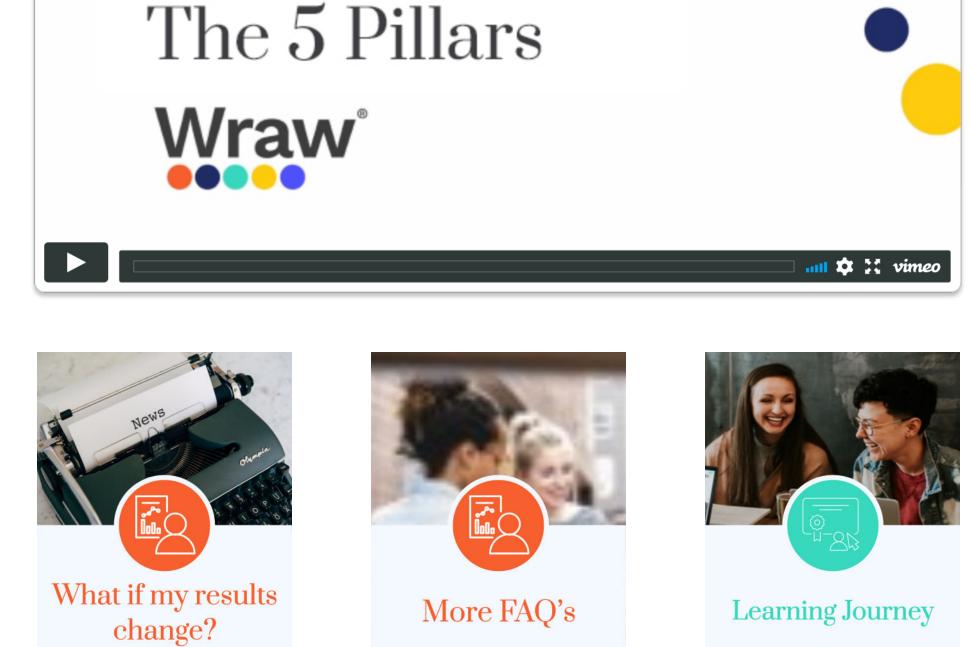
being prepared to access help.





medium









ABOUT US









